

Why should I become an Eczpert?

eczpert

•co•uk



FREE online education — 12 hours of RCN accredited CPD towards your PREP requirement



Flexible learning — 12 concise tutorials to work through at your own pace and convenience



Learning support — further reading, practical tips and interesting downloads

Everything you need to provide holistic care to people with eczema



eTutorials for nurses who care for people with eczema



References:

1. McHenry PM et al. Management of atopic eczema. BMJ 1995; 310: 843-847

Is eczema widespread in your practice?

It wouldn't be surprising if your answer is Yes!, as 30% of all dermatological consultations in primary care are for eczema.¹ And like many other chronic conditions, the day-to-day care of people with eczema usually falls to nurses.

Eczpert is for you

Eczpert is an online education initiative designed especially for nurses who look after people with eczema.

Eczpert will give you all the information you need to give people with eczema the best possible holistic care. It has been developed in conjunction with a panel of specialist dermatology nurses, so it's packed with tried and tested practical suggestions.

You can work through Eczpert at your own pace and at a time that is convenient for you. Better still, completing all 12 tutorials will provide approximately 12 hours of RCN accredited CPD towards your PREP requirement.

The Eczpert specialist nurse panel



Liz Parish

BSc, Nurse Practitioner
and Non-medical Prescriber
Lead Nurse for Dermatology
in East Kent



Susan Maguire

RGN, BA (Hons), PG Diploma
Day Care Co-ordinator, Belfast City
Hospital, Belfast Trust, Northern Ireland
Professional Officer, British
Dermatological Nursing Group (BDNG)



Barbara E. Page

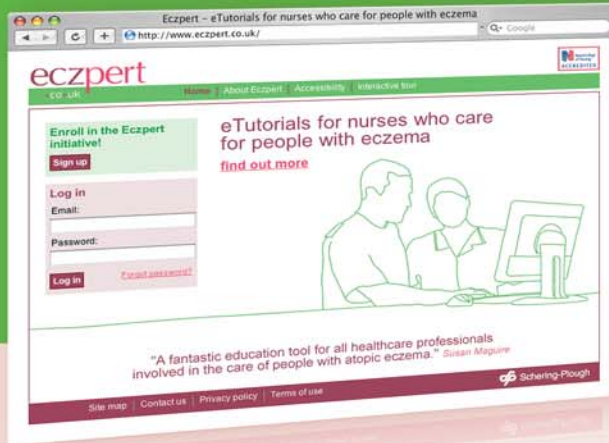
RGN, Dip N; BN, ENB 25
Dermatology Clinical Nurse Specialist,
Queen Margaret Hospital Dunfermline,
Fife, Scotland
President of the European Skin-care
Nursing Network and Founder Chair of the
Scottish Dermatological Nursing Society



Philip Watkins

MSc, BSc, Dip. Couns.
Dermatology Nurse Specialist for Sutton
and Merton PCT
Chair of Royal College of Nursing (RCN)
Dermatology Forum

Getting started



Step 1: Register for Eczpert

Just go to www.eczpert.co.uk

Step 2: Choose a tutorial

Each tutorial presents the core information you need clearly and concisely, together with:



Learning objectives



Practical hints and tips



'Did you know?' facts



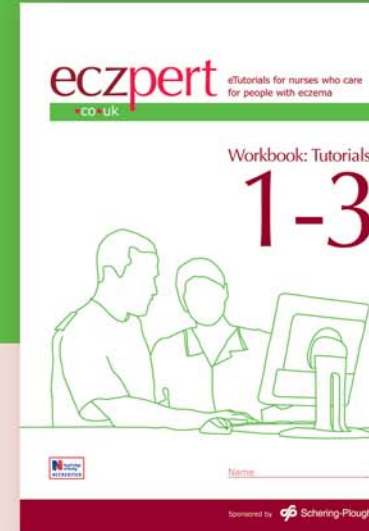
Recommendations for further reading



Interesting statistics

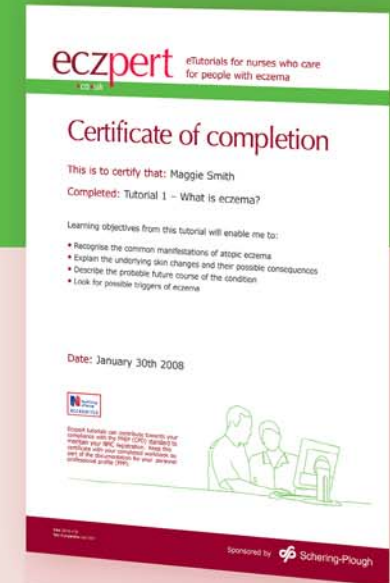


Reflection points so you can apply what you have learnt to your own practice



Step 3: Download your workbooks

A workbook to help you document what you have learnt and how it will influence your practice accompanies each group of tutorials. Make sure you download your workbooks before you start each tutorial.



Step 4: Take the self-assessment

At the end of each tutorial, there are a number of multiple-choice questions to test what you have learnt. When you have successfully completed each tutorial you will be able to download a certificate for your personal PREP portfolio. A final certificate will be sent to you when you have successfully completed all 12 tutorials.

Learning with Eczpert

There are 12 tutorials in the Eczpert programme, divided into four modules:

The disease

Tutorial 1: What is eczema?

Tutorial 2: Recognising when it's not atopic eczema: other forms of eczema

Tutorial 3: Recognising when it's not atopic eczema: other common skin conditions

Eczema is a chronic skin condition characterised by reduced hydration. In these tutorials, learn more about:

- How the skin works and what happens in atopic eczema
- The causes and course of the disease
- The economic and physical burden of atopic eczema
- Distinguishing atopic eczema from other forms of eczema and other skin conditions

Treating eczema

Tutorial 4: Guidelines in practice

Tutorial 5: The importance of emollient therapy

Tutorial 6: Long term management

Effective eczema management can be achieved in a primary care setting and is supported by guidelines from both NICE and BAD. These tutorials will look at:

- What the guidelines say
- How to implement their recommendations
- Why emollients are so important in eczema
- How to optimise therapy
- The role of topical steroids and other treatment options
- Empowering people to manage their condition

Providing support

Tutorial 7: Education and concordance

Tutorial 8: Talking about eczema

Tutorial 9: Childhood eczema – supporting parents and carers

Living with eczema can be very challenging and as a nurse there are many ways in which you can help the people in your care. In these tutorials, learn more about:

- Helping people to understand eczema
- Educating people about their treatments
- Clearing up common misconceptions
- Effective ways to communicate with those in your care
- The difficulties facing parents (and families) of children with eczema
- Practical ways to support people living with eczema

Minimising the impact of eczema

Tutorial 10: Looking at triggers

Tutorial 11: Dealing with negative feelings

Tutorial 12: Coping with sleep disturbance

Eczema often has a significant physical and emotional impact on the lives of those with the condition, irrespective of how mild or severe it may be. Learn about:

- What factors can trigger eczema
- Ways to identify and avoid or minimise contact with triggers
- The impact of eczema on sleep and the distress caused by sleep loss
- Strategies to help people cope and improve their sleep
- How those with eczema can be emotionally affected by their condition
- Sources of advice and support